

# Caregiver's Bill of Rights



As a caregiver for an elderly family member, I have the right to:

**T**ake care of myself. This is not an act of selfishness. It will give me the ability to take better care of my relative/family.

**S**eek help from others even though my relatives may object. I recognize the limits of my own endurance and strength.

**M**aintain facets of my own life that do not include the person I care for, just as I would if he or she were healthy. I know that I do everything that I reasonably can for my relative, and I have the right to do some things just for myself.

**G**et angry, be SAD, and express other difficult feelings occasionally.

**R**eject attempts by my relative (either conscious or unconscious) to manipulate me through guilt and/or depression.

**R**eceive consideration, affection, forgiveness, and acceptance for what I do from my loved one for as long as I offer these qualities in return.

**T**ake pride in what I am accomplishing and applaud the courage it has sometimes taken to meet the needs of my relative.

**P**rotect my individuality and my right to make a life for myself that will sustain me in the time when my relative no longer needs my help.

**E**xpect and demand that as new strides are made in finding resources to aid physically and mentally impaired persons in our country, similar strides will be made towards aiding and supporting caregivers.

--Author Unknown

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